

# Substance Use in Adolescents

*Publicly funded services to address Substance Use in Adolescents are described in Tobacco Prevention and Treatment for Youth, Substance Abuse Prevention and Treatment Services for Youth, and School-Based Health Centers.*

## Key Findings:

### Tobacco Use

- In 2004, 2% of Washington 6<sup>th</sup> graders, 8% of 8<sup>th</sup> graders, 13% of 10<sup>th</sup> graders, and 20% of 12<sup>th</sup> graders reported current cigarette smoking. Cigarette smoking in adolescents peaked in 1995-1998 and has been dropping in recent years.<sup>1,2</sup>
- Regular tobacco use (tobacco use every day for the past 30 days) increases as students get older. Less than 1% of 6<sup>th</sup> graders, about 1% of 8<sup>th</sup> graders, 3% of 10<sup>th</sup> graders, and 6% of 12<sup>th</sup> graders report regular tobacco use. This is a dramatic decrease from 2002. (Data not shown).<sup>2</sup>
- The prevalence of smokeless tobacco use in 2004 was 1% of 6<sup>th</sup> graders, 2% of 8<sup>th</sup> graders, 5% of 10<sup>th</sup> graders, and 8% of 12<sup>th</sup> graders. Smokeless tobacco use declined among Washington youth throughout the mid to late-1990s, but remained constant from 2000-2004.<sup>1,2</sup>
- Washington appears to be meeting the Healthy People 2010 goal to reduce current cigarette use in students grades 9-12 to 16% or less, but is not meeting the goal to reduce current smokeless tobacco use to no more than 1%.<sup>3</sup>

### Alcohol Use

- In 2004, an estimated 4% of 6<sup>th</sup> graders, 18% of 8<sup>th</sup> graders, 33% of 10<sup>th</sup> graders, and 43% of 12<sup>th</sup> graders used alcohol in the past 30 days. Except for 6<sup>th</sup> grade, there is no statistically significant difference in alcohol use by gender.<sup>2</sup>

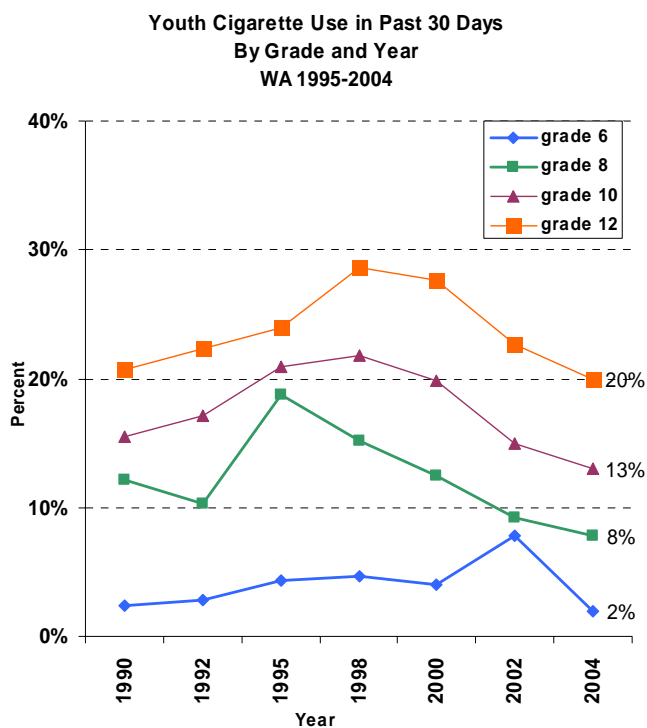
**Definition:** Current substance use refers to use of alcohol, tobacco, or other illicit substances on one or more of the past 30 days.

- In 2004, about 10% of 8<sup>th</sup> graders, 19% of 10<sup>th</sup> graders, and 26% of 12<sup>th</sup> graders reported binge drinking (drinking 5 or more alcoholic beverages in a row) in the past two weeks.<sup>2</sup>
- Washington is not yet meeting the Healthy People 2010 objectives to reduce adolescents' binge drinking in the past month to 2.0%, and to reduce binge drinking during the past two weeks among high school seniors to no more than 11%.<sup>3</sup>

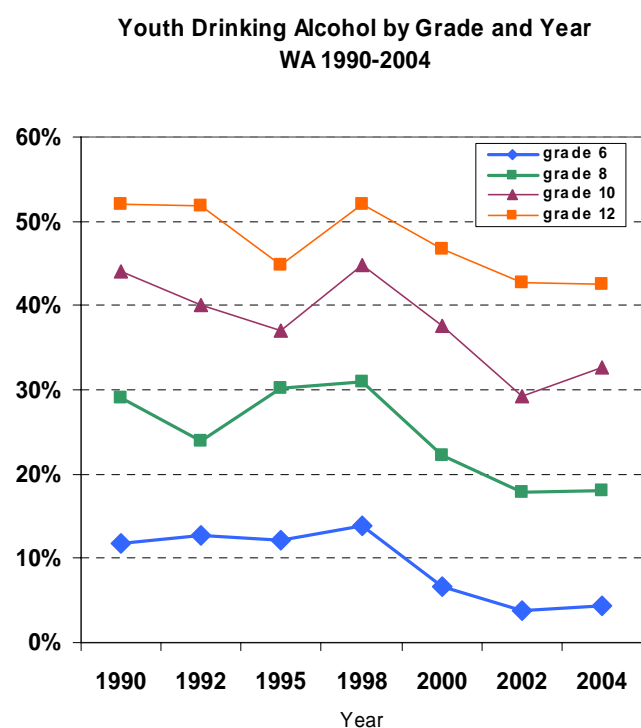
### Illicit Substance Use

- In 2004, about 2% of 6<sup>th</sup> graders, 9% of 8<sup>th</sup> graders, 17% of 10<sup>th</sup> graders, and 20% of 12<sup>th</sup> graders reported using marijuana in the past 30 days.<sup>2</sup>
- Between 2% and 8% of students reported ever using methamphetamine, cocaine, steroids, or ecstasy in their lifetime. For example, about 3% of 8<sup>th</sup> graders, 5% of 10<sup>th</sup> graders, and 6% of 12<sup>th</sup> graders reported ever using methamphetamine. About 3% of 8<sup>th</sup> graders, 6% of 10<sup>th</sup> graders, and 8% of 12<sup>th</sup> graders reported ever using cocaine. (Data not shown)<sup>2</sup>
- Students who report smoking tobacco are more likely to also report using other drugs. For instance, in 10<sup>th</sup> grade about 38% of smokers reported using marijuana in the past 30 days compared to 4% of non-smokers.<sup>2</sup>
- Washington is not yet meeting the Healthy People 2010 objectives to increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days to 89%; and to reduce the proportion of adolescents using marijuana to 0.7%.<sup>3</sup>

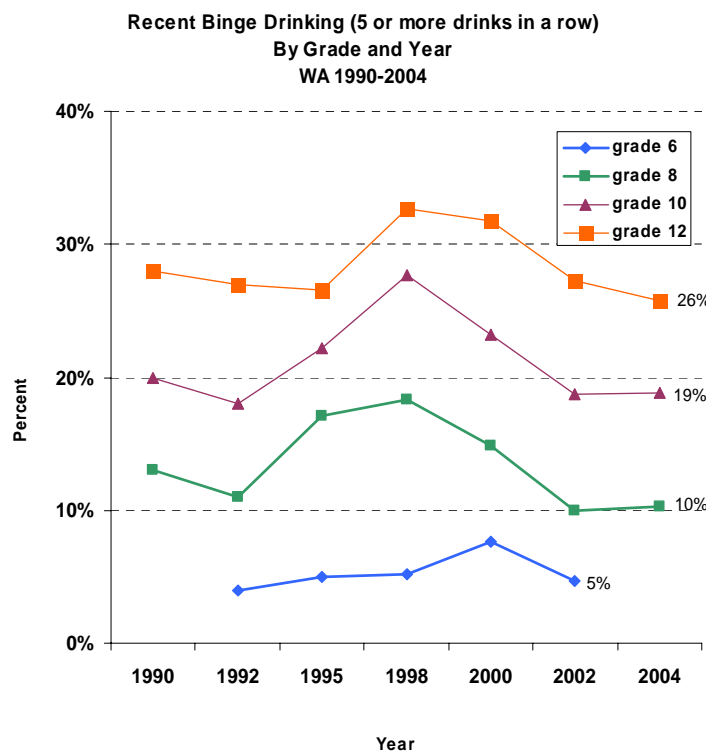
## Cigarette Smoking<sup>1,2</sup>



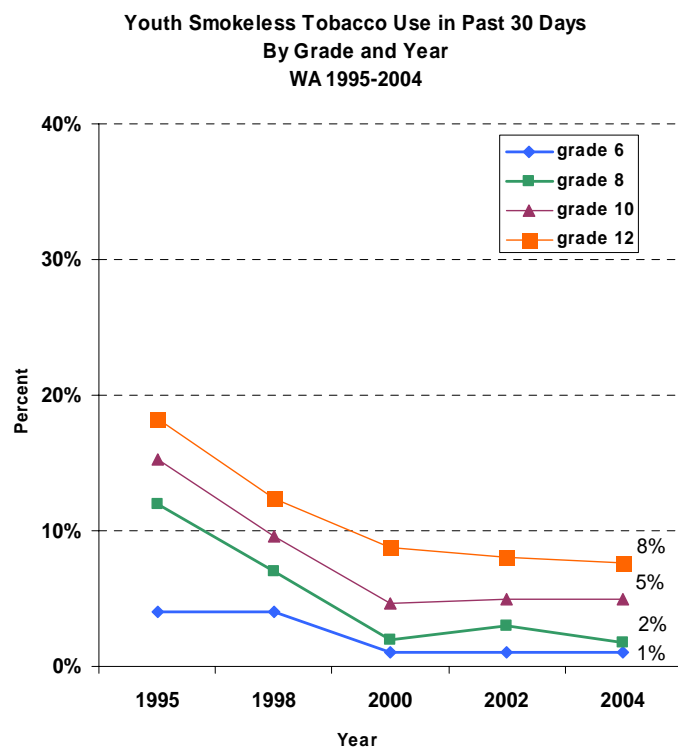
## Drinking<sup>1,2</sup>



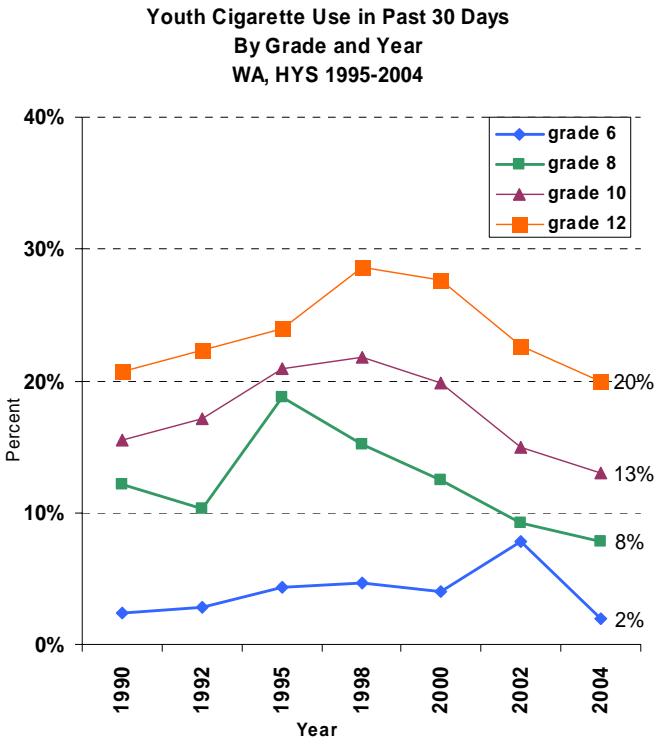
## Binge Drinking<sup>1,2</sup>



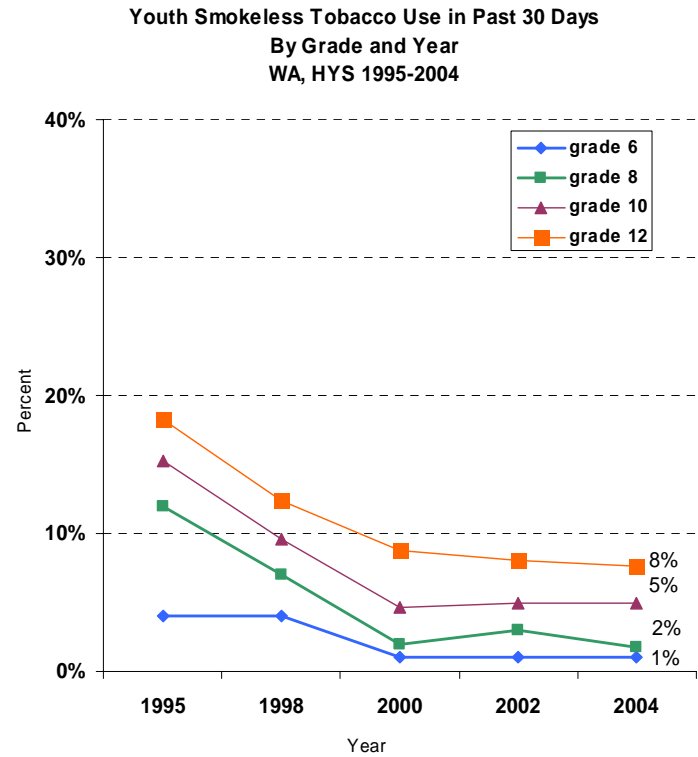
## Smokeless Tobacco Use<sup>1,2</sup>



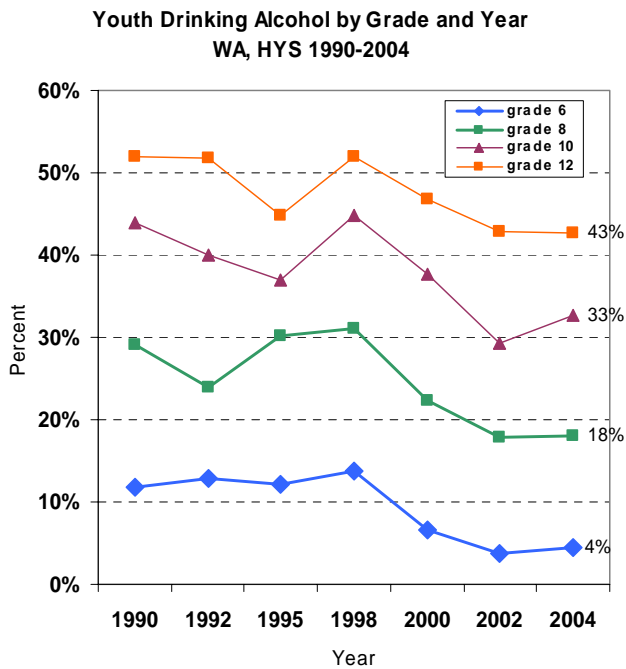
## Cigarette Smoking<sup>1,2</sup>



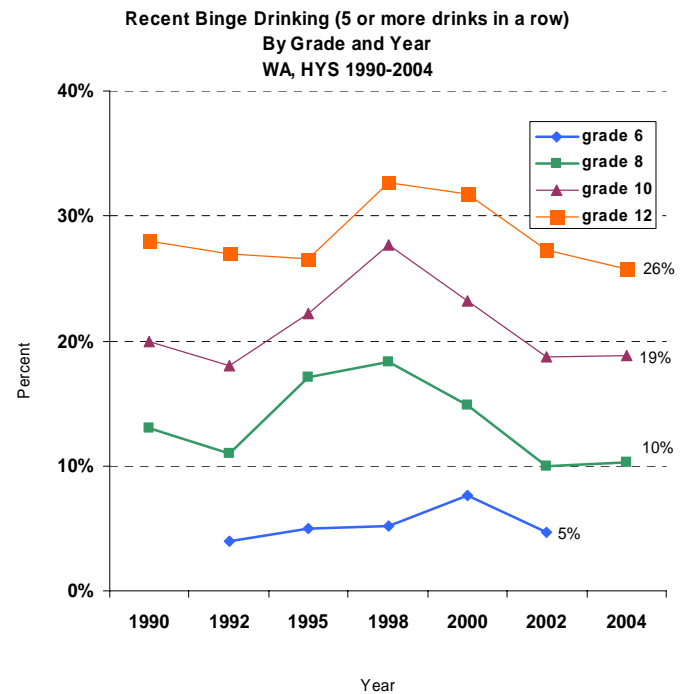
## Smokeless Tobacco Use<sup>1,2</sup>



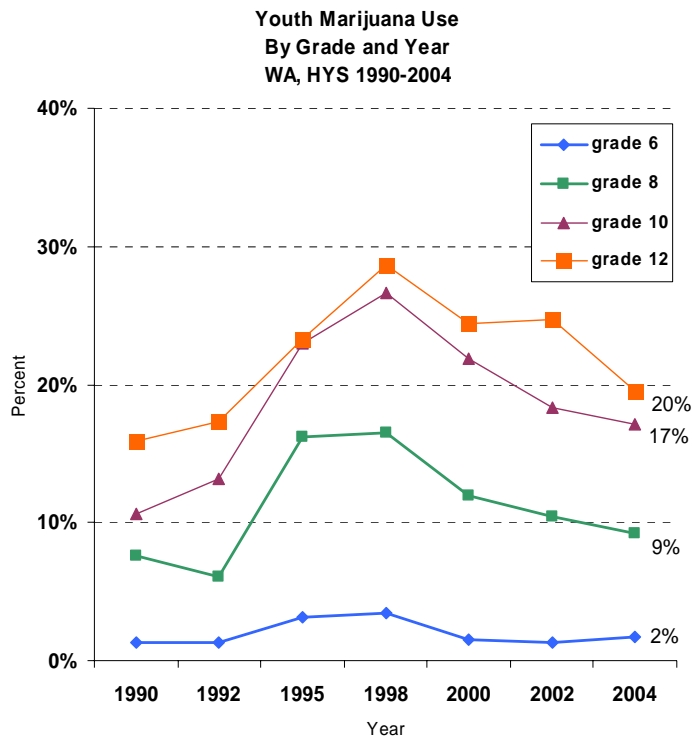
## Drinking<sup>1,2</sup>



## Binge Drinking<sup>1,2</sup>



## Marijuana Use <sup>1,2</sup>



### Data Sources

1. Washington State Survey of Adolescent Health Behaviors 1992, 1995, 1998, 2000; Washington State Drug and Alcohol Survey, 1990.
2. Washington State Healthy Youth Survey 2002 & 2004. Washington State Office of Superintendent of Public Instruction, Department of Health, Department of Social and Health Services, and Department of Community, Trade, and Economic Development and RMC Research Corporation. Website: <http://www3.doh.wa.gov/HYS/ASPX/HYSQuery.aspx>
3. Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2<sup>nd</sup> edition. Washington, DC: US Government Printing Office; November 2000.
4. Washington State Youth Risk Behavior Survey, 1999.